

Encyclopedia of Marriage in Islam and Modern Science

Introduction:

Marriage (Nikah) is one of the most important and sacred institutions in Islam. It represents love, mercy, companionship, and responsibility between a man and a woman. Islam views marriage as half of faith and a means to preserve morality, family, and social stability. Modern science also highlights the psychological, emotional, and health benefits of marriage. Thus, the Islamic concept of marriage combines spiritual wisdom and scientific truth.

Marriage in the Qur'an:

The Qur'an describes marriage as a sign of Allah's mercy and creation. Allah says: 'And among His signs is that He created for you spouses from among yourselves, that you may find tranquility in them, and He placed between you love and mercy.' (Surah Ar-Rum 30:21). This verse beautifully expresses the emotional and spiritual purpose of marriage — peace, affection, and mutual support.

Purpose of Marriage in Islam:

Islam considers marriage a means to achieve harmony, chastity, and mutual help. The main purposes include: preserving morality, emotional support, procreation, social stability, and spiritual growth. Through marriage, individuals fulfill their emotional and physical needs in a lawful and dignified way, fostering strong family bonds.

Marriage in Hadith:

The Prophet Muhammad ﷺ said: 'Marriage is part of my Sunnah, and whoever does not follow my Sunnah has nothing to do with me.' (Ibn Majah 1846). He also said: 'When a man marries, he has completed half of his religion; so let him fear Allah regarding the remaining half.' (Tirmidhi 1080). These sayings highlight that marriage is both a social duty and a form of worship.

Scientific Benefits of Marriage:

Modern science confirms that marriage contributes to better mental and physical health. Studies show that married individuals live longer, suffer less from stress, and experience higher happiness levels. Emotional support in marriage strengthens the immune system, reduces anxiety, and enhances overall well-being.

Summary:

Marriage in Islam is a sacred bond that ensures emotional peace, moral purity, and social harmony. Modern science validates that marriage improves health, longevity, and happiness. It strengthens faith, provides companionship, and lays the foundation for a balanced and stable society.